



### NEWS IN A "HEARTBEAT"



**Peninsula MRC Volunteers to date = 318 Approved Level 1, 2, 3 volunteers**

**WELCOME NEW VOLUNTEERS:** LaMisha Chandler, Virginia Gamble, Veronica Ingram, Rebecca Kendrick, Alice Madison, Kandace Rodgers, Sarah Rozycki, Michael Sayler, Tina Seabron, and Darrell Sutton

**THANK YOU:** to volunteers who served or trained in **April:** Mark Callazzo, Leah Cassada, Carolyn Conley, Sunita Dowden, Fran Doyle, Sherri Kelley-Davis, Debbie Klimczynski, Mary Loesch, Brian Logue, Heidi Lugo, Maggie McNeely, David Neidlinger, Shelley Trautman, Ray Whitney, and Sharon Wiggins.

**49 Volunteers Provided 137.5 Hours of Service; 122 Non-Medical and 15.5 Medical and 3 VVHS Alerts were sent**

**Events and Trainings for April 2013:** Riverside Doctors Hospital Full Scale Evacuation Exercise, Hampton TDAP Clinic, Blood Pressure Screenings at 3 underserved sites Program Support, ICS-100, ICS-200, ICS-700, ICS-800 and Peninsula MRC Orientation.



Help us prevent 1 million heart attacks and strokes in five years. <http://millionhearts.hhs.gov/index.html>

**Peninsula MRC Volunteers provided 32 BP Screenings in April 2013.**

### Peninsula MRC Awarded Grant for "Healthy Me! Move In To Health" Initiative...

Peninsula MRC has been awarded \$7,000 from the National Association of City and County Health Officials (NACCHO) to establish a program to help eliminate obesity in school aged children within the Peninsula Health District.

Teresa Blakeslee, PenMRC Program Manager initiated the concept that was based on "Let's Move".

<http://www.letsmove.gov/>

The "Healthy Me! Move In To Health" has three components that will help ensure a lifestyle



change within a safe environment: Mind, Body, and Spirit. The program will consist of a teaching garden, interactive nutrition and cooking classes, and training to compete in a local 5K race. The program period will run for approximately 12 months and planning has started. If you are interested in assisting, please contact Teresa at 757-594-8045.

### Exercise Highlight...

On April 17, Williamsburg Doctors' Hospital, a brand new, 40 bed facility in Williamsburg, Virginia conducted a full scale exercise to evacuate the hospital patients and staff to safety due to a fire on the 2nd floor. Peninsula MRC Coordinator Teresa Blakeslee and eight MRC Volunteers participated

and role played as concerned parents or visitors of patients and helped to extend the reach of the hospital staff. (Left to Right) Mark Callazzo, David Neidlinger, Sherri Kelley-Davis, Sonita Dowden, Shelley Trautman, Debbie Klimczynski, Heidi Lugo, and Ray Whitney



helped staff ready the patients for transport through the hallways, and down the stairs out of harm's way as smoke filled some rooms. *See photos ~ Like us on Facebook at Peninsula Medical Reserve Corps, Virginia.*

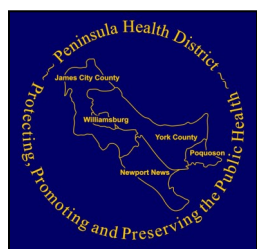
### In the Pipeline...

ICS-100 Classroom Training, MRC Medical Surge—Shelters, Alternate Care Sites and Hospitals, National Kidney Foundation Kidney Early Evaluation Program (KEEP), Women's Health Day, State Managed Shelter Full Scale Exercise, Surry Nuclear Power Plant FEMA graded exercises, Risks and Response to Bioterrorism, Healthy Me! Move In To Health, and Million Hearts Challenge launch. *Please stay tuned to your email alerts for more information and to register.*

### Hurricane Season starts June 1...

"The Forecast Is In, And If It's Accurate, We're In For Some Severe Atlantic Storms This Year."

*Be Prepared!!*



[www.ReadyHamptonRoads.org](http://www.ReadyHamptonRoads.org)

This website provides needs assessment tools for individuals, families, and businesses to use to tailor disaster preparations to their own unique circumstances.

**Peninsula Medical Reserve Corps - Peninsula and Hampton Health Districts**

**Volunteers Protecting the Health of Virginia**



### Training...

Is still the gateway to rapid deployment during a disaster. Peninsula MRC is working on putting together some Just In Time Training resources to help refresh your training disaster-side, and enhance your training in order to step in to a specific function at the time you are needed.

[View Eastern Region MRC Training Calendar calendar](#)

### Public Health Outreach...

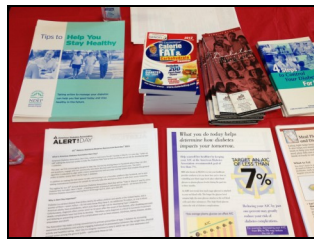
Is still a big part of the day to day operation in Peninsula MRC.

Peninsula MRC is engaging in a new **Million Hearts Campaign** Challenge and is making important connections in the community to increase and enhance services to the homeless and our Veterans. If you would like to know how you can help, please contact Teresa.

To learn more about the Million Hearts Campaign visit: <http://millionhearts.hhs.gov/index.html>

To see where we are providing important services in the near future, visit:

[View Peninsula MRC Public Health and Outreach Calendar calendar](#)



Information distributed at Diabetes Alert day. (Photo by Maggie McNeely)

### Exercises...

Everybody loves exercises, and so do we.

We have two opportunities coming up:

- 1.) Riverside Doctors Hospital Full Scale Evacuation Exercise—April 17
  - 2.) Christopher Newport University State Managed Shelter Full-Scale Exercise—May 22
- Please respond to the Alert in your email if you are able to come out.

We have the FEMA graded Surry exercises coming up this Spring. Keep an eye on what is coming up:

[View Peninsula MRC EP & R Exercise Calendar calendar](#)

*(Please note, if the links to the calendars do not work on your computer, please visit our website to see them.)*

### Emergency Response...



It does seem like disasters are on the rise...

Fortunately we don't have a calendar of events for this one. But **be prepared** because your help will be needed. Take a free on-line course to be better prepared. Copy and paste this link in to your browser, or come in to the Peninsula MRC Office to pick up the study manual.  
<http://www.training.fema.gov/EMITWeb/IS/courseOverview.aspx?code=is-22>

**Be Prepared Today!**



#### Contact Information:

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Peninsula Health District  
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Newport News, VA 23601  
Main: 757-594-8045  
Fax: 757-594-8612

#### Please bookmark these websites:

PenMRC: <http://www.vdh.virginia.gov/MRC/peninsulamrc>

VVHS (Virginia Volunteer Health System): <https://vms.vdh.virginia.gov/vms/default.jsp?main=reg>

TRAINVirginia: <http://va.train.org>

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E-NEWS FLASH FROM PENINSULA MRC—MAY 2013

**Volunteers Protecting the Health of Virginia**